



26  
The Treasurie of commo-  
dious Conceits, & hidden Secrets.

and may be called,

The Huswifes Closet, of health-  
full prouision.

Mete and necessarie for the profitable  
vse of all estates both men and wo-  
men: And also pleasant for  
recreation,

With a necessary Table of all things  
herein contained,

Gathered out of sundrye Experi-  
ments lately practised by men of  
great knowledge.

By I. Par.

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Mary 1573.

# John Partridge to his Booke.

**G**oode forthe my little Booke,  
What ail on thee may loke:  
Feare not the cutting booke  
of Zoylles spightfull rage:

Thou canst not Zoyll thou,  
Whose tongue on wheeles doth run,  
More connyng workes erst don,

In any former Age  
Thou knowest went neuer free,  
But that the Cur Dog hee  
Takes his delight and gla

so: to deface the same:  
How thinkest thou then to boyde:  
The tongue that hath annoyde:  
Great workes which haue imployde  
continually to frame

A happy common weale:  
And whiche at large reueale,  
That tyme dyd long conceale,  
To pleasure enery one:

If thou whiche art but small  
To whome it happen shall,  
Small fruite to bring withall,  
so: men to scan vpon:

Yet must thou be content,  
To beare what Zoylles bent  
Sith the fourth I haue thee sent  
(to lay vpon thy backe)

And if he hap to chyde,  
Do thou be brunt alyde,  
And I wyll stande asyde,  
And helpe thee if I lack.

Finis

# To the worſhip

FVLL, MAYSTER RICHARDE  
WILKIN, Gentleman: one of  
the Aſſiſtants of the Company of  
the Barbour & Surgions:  
John Partridge wiſeth increaſe of  
knowledge by his worthy  
travayle. (??)



AFTER THAT I HAD  
(worſhipfull Sir) taken  
ſome payne, in collec-  
tynge certayne hydden  
Secretes together, & reduced them  
into one liſhel, or Pamphlet (for my  
own bebooke, & my familiar frēds:)  
yet at the inſtance of a certayne  
Gentlewoman (being my dere and  
ſpeciall frende) I was conſtrained  
to publiſh the ſame, and conſidered  
with my ſelfe the ſaying of þ wiſe:  
which is. That good is beſt, which to  
all indifferētly, is of like goodnes, as effect:  
as which without reſpect of perſon, is good  
to all indifferently. The conſideration  
A.iii, of which,

## THE EPISTLE

of which, and her importunacie together, instiged me to communicate vnto the view & publique benefite of all men, this lytell Booke: The contents wherof, doth instruct and teach all manner of persones & Degrees to know perfectly, the manner to make diuers & sundrie sortes of fine Concoits, as well of meates, as of Conserues & Marmalades, as also, of sweete and pleasant waters, of wonderfull Odours, Operation and Vertues: with diuers other things, that haue not hitherto ben publicuely known: which fact of myne (I know) wyl be, not onelye dislyked of some, but altogether condemned: Not for that it is euyll, but that their fine heades can not digest, that any other beside themselves shuld enjoy the benefit thereof, hauing for their MAXIME, that such thynges, are of small price, as are common to all men: much after  
our

our English Proverbs. Quaint and  
daintie: Farre sette and deare bought, is  
good for great Estates. But I account  
that Personne foolish, and unwor-  
thy helpe of any Physitian or Sur-  
gion: that will refuse to receyue,  
or gayne health by the Medicine of  
any suche Physitian or Surgion:  
who by learnyng the same out of  
AVICENE, GALENE, or HIPOCRA-  
TES, or any others suche lptz, hath  
often tymes cured the Deseases in  
sundrye and many Persones, for  
that the same hath ben commonly  
bled: but rather moste wyllynge  
and courtesyllye to imbrace the  
same (for present remedye) as a  
thyng excellently well expery-  
mented and prooued: I neede not (right  
worthyfull) to ble these wordes,  
for the Defence of this litle Booke,  
cōsidering þ your worship doth be-  
ry wel accept such thyngs, as vni-  
uersally byng to them a publique  
A, liii.                      profite

# THE EPISTLE

profit and but little: (whence consi-  
 steth your delight, ) rewardeing ly-  
 berally, the trauaile of suche, who  
 haue, & do trauaile therein. wher-  
 fore, for that I among al other per-  
 sones, do thinke my selfe moſte be-  
 holden vnto your worſhip: To gra-  
 tifie your goodneſſe, and to ſatiſſie  
 therequest of my friend, I haue com-  
 piled this litle Booke: which I haue  
 put forth vnder your W. name and  
 protection: proteſtyng, & if I ſhall  
 ſee this worke, which is ſome coſt  
 and charge, I haue brought to per-  
 fection, be wel accepted at your hāds  
 I ſhall ſhortly exhibite vnto your  
 worſhip, a thyng of greater balew  
 and eſtymation. And thus, comyt-  
 tyng your good worſhip to God, I  
 ende: who ſende you your deſire of  
 vnderſtandyng and knowledge.

Your Worſhips to  
 comānde, I. P.

**Thomas Curteys Gentleman,**  
in prayse of the Auctoz.

**T**o pleasure Contreys state who tends  
With carefull heed, & moze perpendes  
The welth of others: then his owne,  
whose seede is sown.

\* To pleasure all, and he that solves,  
Of all his toyle, least profit mooves:  
Desernes at least, the drosse to haue,  
that frankly gaue

\* The Golde that all enricheth so,  
Therefore thou Woke where ere thou go:  
Say freely that thy Masters payne,  
deserneth gayne.

\* And if that Bonus gin to chat,  
If thou be wise, yet feare not that,  
For good deserving, well dath craue,  
rewarde to haue.

\* The which reward, without great charge  
Thou mayest geue, if that at large  
Without reproch, thou lettest this goe,  
and thankfull shew.

Thy selfe, for that which beares in hie,  
Hath now set forth to pleasure thee:  
Who eare thou bee, to this inclyne,  
The profits thine.

\* FINIS. T. C.

Thomas

**Thomas Blanck Gentleman,**  
in the behalfe of the Auctoz.

**T**he Painters Pen: is no smal charge  
Doth now and then: depaint at large;  
**BELLONAES** broyles, & bloody fight;  
To moue some whiles, a mans delight  
The Poet eke: with paynfull Quill,  
Doth somtymes seeke: mens eare to fill,  
With sundry soztes, of Verses new:  
When he reportes, thyngs false & true.  
In both wherof: the learned finde,  
No toy nor scoffe: of thyng by kinde,  
That brings not out, som learned skye:  
For which no dout, most wise men wyl  
Accept the thyng: what ere it bee,  
That so should bring: Commedytie,  
The Partridge here, þe big hath sought:  
Which nothing dare: need now be bought  
Wherin pleasure: doth full consist,  
And eke Treasure: if that thou lyst,  
By trauayle to, obtayne the same,  
The which to do, I wylsh thee frame.  
And geue hym prayse: that with his toyle,  
Hath in these dayes: from sozrayne soyle,  
Brought home to thee, pleasure & gain:  
Then thankfull bee, his is the payne,

**FINIS.**

# The Chapters and contentes of of this Booke.

- T**o bake a Capon with yolks of Eggs.  
Chapter. i.
- T**o bake a Feasant, or Capon, in  
steede of a Feasant. Cap. ii.
- T**o bake Chickins, Sparrowes, or other  
Birds. Cap. iiii.
- \* **T**o bake Turcocks. Cap. iiii.
- T**o make Peseeds of Parow. Cap. v.
- \* **T**o make a sawce for a roasted Rabbet, first  
bled to King Henry the eight. Cap. vi.
- T**o bake an Oretung. Cap. vii.
- \* **T**o make vineger of Roses Violettes, or  
Elderne Berries. Cap. viii.
- T**o make a Marchpane. chapter. ix.
- \* **T**o gylose a Marchpane, or Tarte. cap. x.
- T**o bake Quinces. chapter. xi.
- \* **T**o keepe Quinces unpared all the yeare  
longe. chapter. xii.
- T**o make fine blaunch powder for roasted  
Quinces. Apples, or Wardens cap. xiii.
- \* **T**o conserue Quinces condit, ready to be  
eaten. chapter. xiiii.
- T**o keepe Plummes condite in Syrop.  
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- \* **T**o keepe cherries, or Goseberries condite.  
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- To make Conserue of Buglose flowers,**  
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- To make Conserue of Rosemarie flow  
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- \* **To make Conserue of Succarie flowers,**  
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- To make Conserue of Elder flowers,**  
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- To make Conserue of Hozell, with the**  
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- \* **To make conserue of Maydenbairre: with**  
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- \* **To make conserue of Elecampane roots**  
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- C**To make Parmylade of Quinces.  
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full strength. cap. lxi.

The sundry vertues of Roses for diuers  
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A bryefe Treatise of Urines aswell of  
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by the colors, which betoken helth, which  
betoken sicknesse, & which also betoken  
death. chapter. lxi.

How to make a soueraigne Water, that  
Doctor Steuens Physicion, a man of gret  
connyng did vse of long experience. And  
therewith did many cures, and kepte it  
allwayes secret, tyll of late a little before  
his death, that a special friend of his, had  
get it in wrytyng of him: with the sundry  
vertues and operations thereof.  
chapter. lxi.

\* FINIS.



# The Auctor to

his Booke concerning his friende,  
whose importunate sute procured  
him to publish the same.

**G**oe little Booke of profit & pleasure,  
vnto thy good mistris, without delay  
And tel her I send thee for thy pfozmace  
of her earnest sute (stth she wold haue no nay)  
Let her vse thy comodities, as wel I know she  
To pfit her frends for helth, pseruatiō (may  
And also to pleasure them, for recreation.

Tel her that all thinges in thee contayned,  
I haue seene them put oft times in vze:  
And geuen thee to be her seruant retayned,  
To serue her faithfully, doing thy cure.  
And also say, of this let her be sure  
That she with her sute, of me hath obtained  
That; that no Golde nor good coulde haue  
(gained.

I.

P.

A Closer,

# The Closet, or

Treasure of comodious Con-  
ceites and hidden Secrets.

To bake a Capon with yolkes of  
Egges. Cap. i.



WHEN THE CAPON IS  
made redi, trusse him in  
to þ Coffyn: then take  
.viij. yolks of egges lod-  
den hard, & pricke into  
euery of them. v. Cloues, & put the  
yolks into the Coffyn with the Ca-  
pon: then take a quantitie of gyn-  
ger and salt, and cast it on the Ca-  
pon, and let it bake .iij. houres.

Then take .ii. raw yolkes of egges  
beaten into a Gobblet of vertuce,  
with a good quantitie of sugre lod-  
den together, put it into þ Coffyn  
and so serue it.

To bake a Fesant, or Capon in steeke  
of a Fesant. Ca. ii.

B. f.

Dresse

The Treasury of closet

**D**resse your Capon lyke a Phe-  
sant trussed, perboyled a little  
glarded w<sup>th</sup> swete lard: put him  
into the Coffin, cast theron a little  
Pepper and Salt: put therto halfe  
a dish of swete Butter, let it bake  
for the space of. iij. howres. & when  
it is colde: serue it forth for a Phe-  
sant. And thus bake a Phesant.

\* To bake Chickins.  
Chapter. iij.

**T**he and trusse your Chickins,  
the feete cut off, put them in  
the Coffin: the for every chic-  
kin put in euery Pye a handfull of  
Goose beries, & a quantity of butter  
about euery Chickin: then take a  
good quantittie of Suger and Si-  
nimon with sufficient salt, put them  
into the Pye, let it bake one howre  
and a halfe, when it is baken take  
the yolke of an egge & half a Goblet  
of beriuice w<sup>th</sup> sufficient Suger sodden  
together, put in the pye & serue it.

CCO

of hidden secretes.

To bake Woodcocks.

Chapter.

liij.

Perboyle them, and being trussed  
put them into the Coffyn with  
sweete larde about the, season them  
with Pepper and salte, and a good  
quanyttie of butter, let them bake  
one howre & a half, & so serue them.

To make Pescods of Marow.

Chapter.

v.

First slice your Marow in lēgth,  
driue your past as thin as a pa-  
per leafe: the take and lay smal  
Raisins, Cinimon and a litle gin-  
ger and Suger aboute the Marow.  
fashion them bp lyke Pescodes, frye  
them in butter, cast vpon them Ci-  
nimon and suger, and serue them.

A Sawce for a rolled Rabbet: to

King Henry the eight. Cap. vi.

Take an handfull of washed perce-  
lye, wince it small, boyle it  
with Butter & veriuice vpon a  
chaffing dish, season it w sūgare and

B. ii.

## The Treasury of closet

a little Pepper grose beaten, when it is redi: put in a few fine Crumes of white bread, put it in amongste the other, let it boyle agayne till it be standing, the lay it in a platter, lyke the breadth of three fingers. lay of each side one roasted Conye (or moe) and so serue them.

¶ To bake an Ore tounge.

Chapter.

viij.

Seeth the tounge till it be tender, then slyce it on a boorde in layre peeces: and take a good quantity of Marow slyced smal, cast it into the bottoome of the pye: & lay the slices of the tounge vpon it: and betwixte euery one some marow, and a little salt vpon them. Bake it the space of an houre, then toll valse a manchet a little at the fyre, and put the colles into valse a pynte of Redde wine with a little vineger, straine them out together: the take cloues,

Mace

**M**ace, Sinimon and Sugar, seeth them in þe liquoz tyll it waxe some what thicke: make a hole in þe couer of the Pye, put it in, let the Pye agayne into the Ouen for a quarter of an howre, and serue it.

**T**o make Vineger of Roses.  
Chapter. viij.

**I**n Sommer time when Roses blowe, gather them ere they be full spred or blowne out, and in dry wether: plucke the leaues, let them lye halfe a day vpon a sayre boarde. then haue a vessel with vineger of one or two gallons (if you wyl make so much roset,) put therein a great quantity of the sayd leaues, stop the vessel close after that you haue styred them wel together, let it stand a day and a night, then deuide your vineger & Rose leaues together in two parts put the in two great Glassees & put in Rose leaues ynoughe, stop the Glassees close, let  
B. iij. them

**The Treasury of closet**

them vpon a Shelle vnder a wall  
syde, on the Southside wout your  
house where the Sonne may come  
to them the most parte of the daye,  
let them stande there all the whote  
Somer longe: and then strayne the  
vineger from the Roses, and keepe  
the vinegre. If you shall once in .x.  
dayes, take and strain out the Rose  
leaves, and put in newe leaues of  
halfe a dayes gathering. the vyne-  
ger wyl haue the more flauor and  
odour of the Rose.

You may ble in steele of vinegre,  
wyne: that it may were eygre, and  
receiue þe vertue of the Roses, both  
at once. Moreover, you may make  
your vineger of wine white, red, or  
claret, but the red doth most binde  
the bellie, & white doth most lose.

Also the Damaske Rose is not so  
great a binder as the red Rose, and  
the white Rose looseth most of all:  
whereof you may make vinegre roset.

**Thus**

Thus also, you may make gaine-  
gre of violets, or of Elder flowers:  
but you must first gather & use your  
flowers of Eldern, as shalbe shewed  
hereafter, when we speake of ma-  
kyng Conserue of Elderne flowers.

To make a Marchpane. Cap. ix.

**T**he halfe a .li. of blanched Al-  
mons, & of white sugre: a quar-  
ter of a .li: of Rose water, halfe  
an ounce: & of Damaske water, as-  
much. Beate the Almons with a  
little of the same water, and grinde  
them til thei be smal: set them on a  
few coles of fier, til thei war thick:  
then beate them agayne with the  
Sugre, fine: Then mixt the sweet  
waters and them together: and so  
gather the, & fashion your March-  
pane. Then take wafercakes of the  
broadest makynge, cut them square,  
paste them together with a little li-  
cour, and when you haue made the  
as brode as wil serue your purpose,  
haue

hauie redy made a hoope of a greene  
 hasell wand of the thiknes of halfe  
 an inch on the inner syde smothe,  
 and on y<sup>e</sup> utter syde round & smoothe  
 without any knags: lay this hoope  
 vpon your wafer cakes foresayde,  
 & the syl your hoop w<sup>th</sup> the geare a-  
 boue named, the thiknes of y<sup>e</sup> hoop:  
 the same driuen smoothe aboue w<sup>th</sup>  
 the backe of a Silver Spoon as ye  
 do a Carte and cut awaye all the  
 partes of the Cakes even close by  
 the outsyde of the hoope w<sup>th</sup> a sharp  
 knife, that it maye be rounde, then  
 hauing white paper vnderneathe  
 it, set it vpon a warme hearthe, or  
 vpon an instrumēt of Iron or bras  
 made for the same purpose, or into  
 an Oven after the breade is taken  
 out, so it be not stopped, it maye not  
 bake but only be hard and thorough  
 dyled, and ye maye while it is moyst  
 stich it full of Comets of sundrye  
 coolers, in a comely order ye muste  
 moyste

moyst it ouer with Rose water and  
 Sugar together, make it smoothe :  
 and so set it in the Ouen or other  
 instrumēt, & clearer it is lyke lan-  
 terne horne, so much the more com-  
 mended: if it be through dyed, and  
 kept in a dry & warme aīre: a march  
 pane will laste many yeares, it is a  
 comfortable meat, meete for weake  
 folks, such as haue losse the taste of  
 meats by reason of much and long  
 sicknesse. The greatest secret that  
 is in the makynge of this cleare, is  
 with a little fyne flowze of Ryle,  
 Rosewater and Sugar beaten to-  
 gether & layd thin ouer the march-  
 pane ere it go to dryinge: this will  
 make it shine lyke Ice, as Ladyes  
 reporte.

To gyfte a Marchpane or any other  
 kinde of Earre. Cap. 1.

**T**Ake and cut your leafe of Golde  
 as it lyeth vpon the booke, into  
 square peces like this: & in a Confe-  
 B. b. Caples

**How to make Treasures or closet**

take the ende moiste a litle, take the Gold by the one corner, lay it on the place beyng first made moiste: & with another taylor of a Conte dry, presse the Golde downe close: And if ye will haue the forme of an Hert or the name of I E S V S, or any other thing, what soeuer, cut þ same through a peece of Paper, & lay the Paper vpon your Marchpayne, or Carte: then make the void place of the Paper (thow which, þ Marchpayne appeereth) moist with Rose-water, laye on your Golde, presse it downe, take of your Paper, & there remayneth behinde in Golde the Print cut in the said Paper.

**How to bake Quinces. Cap. xi.**

**P**are them, take out þ Core, per-  
poyle them in water tyll they  
be tender, let the water run fro  
thē till they be drie: then put into e-  
very Coffin one Quince, & it a good  
quantity of marow, Also take sugre,  
Cinnamon,

**C**innamon, & a litle Ginger, & fill the  
Coffin therewith, close it, let it bake  
an houre, and so serue it.

\* To kepe Quinces vnspared all  
the yeare long. Cap rit.

**T**he ripe Quinces and at þ great  
end cut out a stoppell, then take  
out the core cleane, and stop the  
hole agayne with the same stoppel  
(but pare them not) and perboyle  
them a little, take them bp and let  
the water drayne from them, then  
put all the Cores and some of the  
smallest Quinces into little peeces  
all to cut, into the water wherein  
the Quinces were perboyled, and  
let them sethe till the liquoz be as  
thick as molten lize, that painters  
occuppe, then take it from the fyre  
and let it keel: in the meane season  
couch your cold Quinces in a barel  
or wearethē pot: þ great end down-  
ward (if the stoppel be out it makes  
small mater) & one vpon another.

Then

### The Treasury or closet

Then put the liq̃uor in, that it be a handfull ouer and aboue them, couer them close, and after .iiii. or .v. dayes, looke to them and when you see the liq̃uor suncke downe, put in more of þ̃ same which ye purposed it kepte to couer them as before, then lay a boorde vpon them and a stone that they rise not, and couer the bessel close with a thicke cloth folded, that it take no ayre, so let them remayne. And when ye intende to occupie some of them, vncouer the bessel and ye shall fynde a Creame coueryng the whole liq̃uor, breake it in þ̃ midd, turn it ouer with your hand, then take out your fruite in order beginning in þ̃ midd first: then by þ̃ sides, so that you remoue none (if it maye be) but those þ̃ you take away and euery time that ye break the Creame to fetch Quinces, turne the Creame ouer agayne into his place, for you must know that the  
Creame

Creame keepeth out ayre, & kepe-  
 eth in the strength of the Surrop,  
 therfore it maketh much to the co-  
 servation of the fruite to saue it,  
 and also to se þ vessel close couered,  
 Also when ye wyl bake your Quin-  
 ces, washe them well and cleane in  
 warme water, and bake them as  
 befoze is wrytten.

¶ To make fine Blaunche powder  
 for roasted Quinces.

Chapter.

xliij.

**T**he fyne Suger halfe a pound  
 beaten in a whote Morter too  
 fyne powder, of whyte Ginger pa-  
 red halfe an ounce, of chosen Sini-  
 mon a quarter of an ounce beaten  
 ready to fyne powder, mixt them  
 well together, and yf you wyl haue  
 it moſte excellent caſt two Spoon-  
 ful of Roſe or Damask water in the  
 beating of the Suger.

To

To conserue Quinces in Syrope condict,  
alway ready to be serued whole: or  
in quarters. Cap. xliij.

**A**fter your Quinces are cozed  
and pared, seeth them till they  
be tender & soft: then lay them  
out tyll they be colde, in the meane  
tyme take of y<sup>e</sup> same licoz. ii. quarts  
or more (accordig to the number of  
your Quinces which ye wyll kepe)  
and put therein the cozes and some  
other small Quinces, all to cut in  
small peeces, sethe them in y<sup>e</sup> liquoz  
to make the Syrope strong, straine  
them, & put into the liquoz being.  
ii. or .iii. quartes .i. pynte of Rose-  
water, & for every quart also of ly-  
quoz, one half pound of suger, seeth  
them againe together on a soft fire  
of coles tyl y<sup>e</sup> suger be incorporated  
with the liquoz, then put in your  
Quinces, let them seeth softly tyl  
you perceaue that your Syrope is  
as thicke as liue hony, the set them  
to

to keel, and take them out, lat them  
in a tray or treene platter: tyl they  
be cold, then take one ounce of bru-  
sed Cinimon, & some whole cloues,  
put them, to some of the Cinimon  
in the Syrope, and when it is colde  
lat a larde of quinces in your glasse  
(called a gestelyn glasse) or an erthe  
pot well glased, then draw a little  
of your Cinimon vpon you Quin-  
ces, the powre some Syrope, lay on  
an other larde of Quinces, and a  
gayne of your spice, and Syroppe,  
and so soothe tyll you haue done:  
and couer them two fingers ouer  
with Syrop aboue, couer the close:  
and within .iii. or .iiii. dayes,  
looke to them, and when ye finde  
the Syrop drunken downe, put in  
more, and so reserue them. These  
are to be serued in with Syrop.

See that the Quinces be tender-  
ly sodden, and the Syrop thich and  
stronge ynough.

Plummes

Plummes condit in Syrope  
Chapter. 15.

**T**ake halfe a pounce of Sugar,  
halfe a pint of Rosewater and  
a pinte of fayre Raynewater,  
oz of some other distilled water,  
seeth þ Sugar & þ two waters bpō  
a softe fyre of coles, till þ one halfe  
be consumed: the take it frō þ fire &  
when it leaueth boylig, put therein  
halfe a pound of ripe Damazynes,  
oz other plummes, & set it agayne  
on the embers, & kepe it in the lyke  
heate tyll the plummes be softe by  
the space of an howre if neede bee,  
then put into it some cloues brused  
and when it is coude keepe it in a  
Glaske, oz in an earthen oz Gally-  
pote, the stronger the Syrope  
is with Sugar, the better it wyll  
continew.

Some put into the Syroup Si-  
nimon, Saunders, Nutmegges.  
Cloues,

Cloues, and a little Ginger: see the  
them not hastily for feare of much  
breaking.

To keepe Cherries condit, or  
Gooberberries. Cap. xvi.

Make your syrop as for plumes  
then take halfe a pound of  
Cherries and cut off half the length  
of y<sup>e</sup> stalke of euery Chery, put them  
into the syrop, and vse them as you  
did the plumes, put in what spice  
that pleaseth you, and so keepe it as  
before is written: but make your  
syrop strong enough of suger lest it  
ware hoze and corrupte, then must  
ye make a new syrop stronger of the  
Suger: and put the cherries in it to  
keepe, as before is sayde. Thus  
ye maye doe w<sup>th</sup> Gooberberries to make  
of them Tarts, or sawces al y<sup>e</sup> wynter  
longe, sauing that Gooberberries  
may be wel sodden without break-  
yng, because of their tough skin, so  
it be softly and dilligently done.

C. i.

To

To make Conserue of Roses, or other  
Flowers. Cap. cxxij.

**T**ake the Budde of Red Roses,  
somewhat befoze they be ready  
to spzed: cut the red part of the  
leaves from þ white, then take the  
red leues and beat and grind them  
in a stone mortar with a pestell of  
wood, and to euery ounce of Roses,  
put. iij. ounces of suger in þ grin-  
ding (after the leues ar wel beaten)  
and grinde them together till they  
be perfectlye incorporated, then  
put it in a glas made for the nonce:  
and of purpose: or els into an ear-  
thē pot: Stop it close, and so kepe it.

Thus ye may make conserues of  
all kynde of flowres bled therunto.

The vertue of the conserue of Roses.

**C**onserue of Roses comforteth  
the stomack, the heart and all  
the bowells, it molyfeth and  
softneth

softneth the bowells, and is good  
agaīnſte blacke Coler: melancoly;  
conſerves of white roſes doth looſe  
the belly more then the red.

To make conſerve of Violets.

Chapter.

cxlii.

**T**Ake the flowres of violets and  
picke them from the ſtalke, beat  
and grind them with ſuger, as you  
did your Roſes, to theſe put double  
the waight of Sugar to y<sup>e</sup> waight  
of violet flowres, but to all other  
flowres put. iiii. partes of Sugar to  
i. parte of the flowres.

The vertue of the ſame.

**C**onſerve of Violet flowres is  
good againſt the heate and in-  
flamation of Coler, called yel-  
low Coler, it quencheſh thirſtines,  
it maketh y<sup>e</sup> Belly moſt ſoluble.

The vertue of the conſerve of Bugloſſe.  
chapter.

cxlii.

**C**onſerve of bugloſſe flowres, co-  
forteth y<sup>e</sup> hot hart, it is good for the

C. li.

francick,

The Treasurie of the Closet

stanticke, for the lunaticke, and for the melancolicke, it is good for the Sincop and swoynng, it taketh away heart burning, and trembling of the heart, of stomack, it profiteth against Coler.

The vertue of the conserve of  
Bozage. Chapter. rj.

The conserve of Bozage flowres, is of lyke vertue, it is especiall ye good againste blacke Coler, of melancoly, it also maketh one merry.

The vertue of the conserve of Rosmary.  
Chapter. rj.

The conserve of the flowres of Rosemary, comforteth the cold and moiste brayne, it comforts also the Senowes, it is good againste melancoly and fiewme.

The vertue of the conserve  
of Succary. Cap. rxiij.

The conserve of Succary is good againste yellow & black coler, & in burnng & heat of hot fevers.

The

The vertue of the conserue  
of Elderflowes. Cap. xliii.

**C**onserue of the flowes of Elder  
is good agaynst the morphewe,  
it clenseth the stomack, and y<sup>e</sup> whol  
body from scabbs. Gather the clus-  
ters, or bunches whereon y<sup>e</sup> flowes  
grow when they are newe blowne  
and spreade: lay them vpon a layre  
weete abrode in a Chamber a daye  
or two, tyll ye shal perceue y<sup>e</sup> flowes  
wyl shake off and fall a waye, then  
pyke them cleane, and make therof  
conserue, as ye do of other flowes.

And whereas it is more holsome  
then pleasant, therfore put some o-  
ther conserue (suche as ye like) a-  
mongst it, when ye wyl occupy it.

The vertue of the conserue of  
Shorell. Chapter. xliii.

**C**onserue of Shorell is good agaynst  
all unkind heats, of the stomack  
C. lii. and

The Breachery of the

and other principall partes of the  
body, and againſt yellow collier.

Take leaues of Sorrell, waſhe them  
cleane, and ſhake of the water  
cleane, or els ſtay tyll the water be  
dried cleane: beate them, and grind  
them with Sugar as afore, and  
then kepe them.

The vertue of the conſerue of Mayden  
heatre. cap. rrb.

**C**onſerue of ʒ leaues of May-  
den heire is good againſt the  
ſickneſſe of the ſyde, called the  
Pleureſy, and for al diſeaſes of the  
breast, and of the lyghtes, and in all  
maladies of Malencoly, and againſt  
red coler, make it as you do of ſorel.

To make conſerue of Elecampane  
Rootes. cap. rrb.

**T**ake the roots of Elecampane  
waſh the cleane, ſlice them in to  
peeces as big as your thumb,  
ſeeth them in faire water, tyll they  
bee

bee tender, take them bp. & pokone  
them & draw them throu a haire-  
sive, put thertoin the second seething  
the doble or treble waight of sugre  
and when the sugre is perfectly in-  
corporated, take it off, and kepe it.  
See it be wel styred in the seething.

The vertue of the same.

**C**onserue of Elecampana is  
good to comfort y<sup>e</sup> stomack, and  
the nourishing mebers, it mar-  
uelously looseth tough flewme, de-  
solueth, and consumeth the same,  
by the sledge it auoydeth it.

To make conserue of Acorns, or Gladdon.

With the vertue of the same.

chapter.

xxvii.

**T**he the roots of yellow flowre  
delice which groweth in moist  
grownde, otherwise called a  
flag roote, washe them and scrape  
them, seeth them, and order them  
as ye doo of Elecampana now  
C. liii. laste

last before rehearsed, and so kepe it.  
This conserue is good againste all  
sicknesse of the brain and synowes,  
and against all diseases of the me.  
Into women it openeth naturall  
course and termes.

And you muste generally learne,  
that in makynge conserues, frutes  
and Roots are made with fyre and  
seethyng: but flowres are made w-  
out fyre or seethyng. Moreover the  
more Sugar or Honeys is put into  
the, so it be not past .iij. li. to .i. the  
conserue shal continue the better.

To make Parmalade of  
Quinces. Cap. .xxviii.

After that your Quinces are sod-  
den, ready to be kept conduct as be-  
fore in the chapter is written, then  
with some of the liquoz wher the  
were sodden (but without any spice)  
beate

beate them and drawe them as ye  
wolde do a Carte, then put some o-  
uer the fyre to seethe softlye, and in  
the seething strewe by little & little  
of powder of suger, & waight of the  
Quinces, or more, as your cast shall  
tel you. Stir it continually, put ther  
to some pure rosewater, or damask  
water, let it seeth on height til it be  
wal standyng, which thing ye may  
know, by takyng some of it vpon a  
colde kniffe and let it keele, if it bee  
stiff, then take it off & bore it while  
it is warme, and set it in a warme  
and dry ayre, yf you wyl gyde your  
Marmalade, do as afore is spoken  
of a Marchpane.

The beste makyng of Marm-  
alade is when the Quinces haue  
layne long & are through ripe, and  
bery yellow, as in lent season.

¶ And forasmuche as Quinces  
C. b. are

are bynding, and therfore not good  
for some sickelolkes costife, it is  
necessary to put a good may of ripe  
apples of good verdure, as Renet,  
Pyppen, Lording, Russetyng, Do-  
meriall, Ker pomozu, or any other  
apple that is pleasant raw among  
them, being fyrst drawne, for a tart  
and then sodden amonge the other  
matter of Quinces. Thus shall you  
make your Parmalade, some what  
souple, and also encrease the quan-  
tite and verdure of the same, spect-  
ally if it be well dashed with swete  
water.

To make Parmalade of Damask  
or Pyunes. Cap. xxx.

**T**ake Damask which ar ripe,  
boyle them on the fyre with  
a ltytle sayre water tyll they  
bee softe, then draw them throug  
a course Boulter as ye make a tart  
set it on the fyre agayne seeche it

or

on height with sufficient suger, as  
you do your Quinces, dash it with  
sweete water. &c. and boe it.  
If you wil make it of Prunes, even  
likewise doo put some Apples also  
to it, as you dyd to your Quinces.

This wise you may make Marry-  
lade of wardenis, Peares, apples, &  
Medlars, Scrutts or Checkers,  
strawberys euery one by him selfe,  
or els mixt it together, as you thinke  
good.

To make conserue of Strawberies,

With the vertue of the same.

chapter.

xxx.

**T**he Strawberies. i. quart clene  
picked and washed, set them on  
the fire til they be soft, strain them  
putthereto two times as much su-  
ger in powder, as waight of the  
strawberies, let them seeth tyll the  
suger be incorporated w<sup>th</sup> straberis  
put

The Treasury of the  
put it in a Glasse or earthen pot  
well glased.

The vertue of the same.

The conserve of Strawberies  
is good against a hot liuer, or bur-  
ning of the stomack, and specially  
in the seruent heat of an ague.

Thus make conserve of Dam-  
ask and Pines.

\* To make conserve of Cherries  
and Barberies. Cap. xxxi.

Likewise ye must make conserve  
of Cherries, and also of barberts  
saying that these require more Su-  
ger then the other do which ar not  
so lowe as they bee.

Here is to be noted, that of con-  
serues of fruits may be made mar-  
malade, for when your conserve is  
sufficiently sodden, and ready to be  
take off the feeth it more on height  
and it wyl be Marmalade.

More

**A** Moreouer some make their con-  
fette, Marmalade & Syzops with  
cleane Sugar, some with cleane  
Hony clarified, some with Sugar  
and Hony together. And after the  
opinion of diuers great Clarkees,  
Honye is moze holsome, though it  
be not so toothsome as Sugar.

\* To make Succade of Peeles  
of Oranges and Lemons.  
Chapter. xxxii.

**F**yrste take offe your Peeles by  
quarters and seet hthem in faire  
water from .iij. quartes to .iij.  
pynts, then take them out, and put  
to as much moze water, and seethe  
them lyke wyse, and so doe agayne,  
till the water wherein they are sod-  
den haue no bitternesse at all of the  
Peeles, then are they ready. Now  
prepare a Syzop as ye doe for quin-  
ces condit in syzop in p. xliii.

chapter

~~The Brewe of Syngers.~~  
chapter before written: seeth them  
in the Syrope a while, & keep them  
in a Glasse or Pot,

To make greene Synger.  
chapter. rrriii.

**T**ake the Rases of cased Synger  
of the fairest, and vse them as  
foloweth, lay a broad lane of faire  
sand vpon a low floze on þe grownd  
halfe a foote thicke, then laye your  
Rases of Synger vpon the sande in  
order, cower the Synger with more  
sand. tiii. or. v. fingers thick. sprin-  
kel the sand ouer faire with water.  
twice etery day, that it be moyste,  
thus dayly do tyll ye shall perceaue  
your Rases to be soft. Then take  
bp your Rases: wash them & scrape  
them cleane. haue a Syrop readye  
made as aboue is sayde. seeth them  
in it till they be wel seasoned. take  
them bp and with some of þe Syrop  
cast the, or put the in a pot of stone.

¶ Co

To make Pepper soft; with the  
vertue of the same.

**A**fter the same manner with  
sandle ye may make pepper soft  
and with lyke Syrop season & kepe  
them. Ginger & Pepper in syrop  
comforteth a colde stomake, & help-  
eth much to good digestion.

To make all kinde of Syrops.

chapter. xxxiii.

**T**ake Buglosse, Borage, whtite  
Endiue, of each. i. handfull, of  
Rosemary, Tyme, Flop, winter  
Sauery, of each halfe a handfull  
seeth them (being fyrste broken be-  
tweene your hands) in. iiii. quartes  
of water, vnto iiii. pints, the straine  
it, and put to Eliquor, whole cloues  
an ounce, pouder of Cinimon: half  
an ounce, pouder of Ginger: a quar-  
ter of an ounce. i. Nutmeg in pow-  
der, of suger half a pound, or more:  
let them seethe vpon a softe fyre  
well fyrred for burning too.  
vntyll

bristill it come to the thichnesse of  
kue Honey, then keepe it in Gally-  
pots, if you put .i. pynte Balmzey  
in the second seethig, it wyl be bet-  
ter. When it is perfecte, haue sixe  
graynes of fine Muske in powder,  
stirre it amongst your Syrop as ye  
put it in the Gallypot, and couer it.

This Syrop will last many yeres  
and is excellent against swooning  
and faintnesse of hert, it cōforteth  
the Brayne and Sinewes, if it bee  
bled as muche as a Hasell Nut at  
once, at your pleasure.

¶ To make MANVS CHRISTI.

Chapter.

rrrb.

**T**ake halfe a pownde of white  
Suger, put thereto .iiii. ounces  
of Rosewater, seethe them vpon a  
solte fier of Coales, tyll the water  
be consumed, and the Sugre is be-  
come hard, then put therein a quar-  
ter of an ounce of the powder of  
Pearles, stirre them well together,

Hygine

put

put for every spoonfull, a peece of a  
leafe of Golde out of purpose: caste  
them vpon a leafe of white Paper,  
annointed fyrst with the Oyle of  
sweete Almonds, or sweete butter  
for cleauing too.

To make Lozings. Cap. xxxvi.

The halfe a pound of Suger,  
and as much Rose water: or o-  
ther distild water, as for Ba-  
nus Christi seeth them lyke wise,  
and when ye wll know when it is  
sodden inough, take out some vpon  
a kniues poynt, and let it heel, and  
if it be harde lyke Suger, then it is  
sodden inough: then put into it of  
any of the powders hereafter nexte  
folowing, one ounce: stirre the well  
together, lay it vpon a paper oyled:  
driue it as thin as ye thinke meete,  
lay on your Golde leafe w<sup>th</sup> Conys  
oyle, cut your Lozings Diamonde  
fashion, and so keepe them.

D. i.

Powder

The Treasurie, or closet

A Powder of Hollond against Colick, and  
gnaeting of the belly. cap. xxxvii.

**T**ake Cinamon, Anys seede, fenel  
seede, Cummin seede, of each  
quarter of an ounce, of Wauen Ay-  
querthe .iij. quarters of an ounce,  
of Gallingal one ounce and a half,  
of Spphward a quarter of an ounce,  
of Sene of Alexandria .ii. ounces:  
beat them al into fyne powder, and  
serce them, whereof take a quar-  
ter of an ounce in a messe of Potage.

Powder to make the belly soluble, causing  
a gentle laske: mete for noble personages.

Chapter.

xxxviii.

**T**ake Sene of Alexandria one  
ounce, of fyne Gynger halfe a  
quarter of an ounce, of Anys  
seede a quarter of an ounce, beate  
them into fyne powder and serce  
them, put of this powder into your  
sodde

of hidden secretes.

lodde Sugre, and make Lolynges  
as befoze; of the whole. y<sup>e</sup> nūber of  
xvi. wherof disolue two of them in  
a messe of Potage. or in a Cup of  
wyne fastyng in the morning, and  
fast one howe after, if you doe put  
as much of sugre in powder, as the  
waight of the whole powder, yee  
may keepe it in a Bladder, and the  
whole powder wil serue. viii. times  
to receaue, as euen now is sayd.

A receipt to ressoze strength, in them  
that arr brought low with long  
sicknesse. chapter. xxxix.

**T**he of the brayne of a fasant  
or Partridge, and of a Capon  
sodden or roasted, of ech a quar-  
ter of an ounce, keepe them in rose-  
water two howres, of the kernels  
of Nuttes called Pistacorum & of  
the kernels of y<sup>e</sup> pine apple, of ech a  
℞. ii. quarter

The Treasure, or closet

quarter of an ounce of Cinimon, in  
fine powder the waight of twenty  
Barly cornes, of ʒ Spices of Dian-  
thos, diamargariton, Letificantes  
Galent, of each the waight of forty  
graines, or barley cornes, of the seed  
of Millon, pepon, Goodde, and Cu-  
cummer, of each the waight of ten  
graines, the skin taken of, let them  
be all grownde smal, then take .vi.  
ounces of suger, dissolved in bozage  
water, seethe it on haighte as for  
Rosinges, and when it is sodden y-  
nough, the put in al ʒ other geare,  
and make Rosings therof. wherof  
one is sufficient at, once dissolved in  
a messe of Potage, or a drafft of drink:  
thus doo, it, or, iii. times every day.

To make ʒporras. Cap. xl.

The of chosen Cinimon, two  
ounces, of tyne Gynger one  
ounce, of Baynes hake an  
ounce

of hidden Secrets.

ounce, bruse them all, & steepe them  
in. iij. oz. iij. pintes of good odife-  
rous wine, with a pound of Sugre  
by the space of. xxiij. howres. then  
put them into an Apocras Bag of  
woollen, and so receaue the liquor.

The readiest and best waye is to put  
the Spices with the halfe pownde  
of sugre, and the wine into a stone  
Bottle, or a stone pot stopped close,  
and after: xxiij. howres it wyl be  
ready, then cast a thin linnen cloth,  
or a peece of a boulder cloth on the  
mouth, & let so much run thorow:  
as ye wyl occupy at once, and kepe  
the vessell close, for it will so well  
keep both the sprite, odour and ver-  
tue of the wine, and also Spices.

A violet powder for wullen clothes  
and fures. cap. xli.

The of Treas. ii. ounces, of Cala-  
mus aromaticus .iij. quarters  
D. iij. of an

of an ounce, of Cipres, or gallingal,  
of Spiknale, of Rose leues dried, of  
ech a quarter of an ounce, of cloues  
of Spype: or Lauender flowres, of  
each halfe an ounce: of Nigella ro-  
mana, a quarter of an ounce: of  
Benjamin, of Storax calimit: of  
each halfe an ounce. Let them be  
all finely beaten, and serced, then  
take two or three graynes of Muske  
discloue it in rose water, and sprinc-  
kell the water vpon the powder,  
and turne it vp and downe in the  
sprincklyng, tyl it haue drunkē vp  
the water, when it is dry, kepe it in  
bagges of sylke.

\* A swete powder for Rapery  
and all Lynnen Clothes.  
chapter. xlii.

**T**he of swete Marionum,  
(that is hore, that is the swee-  
ter) when it hath in his  
Seedes ripe, cut the braunches,  
so that

so that the Roote maye springe a  
 gayne, when this Mariorum is  
 dried, then rubbe out the sedes and  
 keepe them to some about Easter,  
 and the Huskes or leues that grow  
 about the Seedes take for your pur  
 pose, rubbe them small betweene  
 your handes (for if you beat them  
 to powder in a Morter, they will  
 loose the most parte of their savor)  
 then take of white Saunders,  
 or of grey Sanders, but looke that  
 they be new of right sweete odour,  
 for if they bee olde, and haue no  
 pleasaunt and quick odour, they are  
 nothyng worth, take 3 lay of these  
 sweet Saunders beaten into fyne  
 powder one ounce, and put it to  
 an ounce of your sweet Mariorum  
 rubbed betweene your handes as  
 afore is sayde, and yf you put  
 one or two Baynes of Huske  
 therunto (for your wearyng linnen  
 it is the better) some these by in a

D. lilt.

lythe

fyke bag together: & lay it among  
your Linnen, of such baggs haue a  
dozen or two, which will continue  
many yeares, and when you looke  
to your Linnen: then chase each of  
the bagges betwene your handes,  
that they may yeld out their sweete  
odour. Moreover in the Sommer  
time, gather red Roses in faire we-  
ther, so soone as they be blowne &  
opened, laye them vpon a Table, a  
Bed, or a laye floze of boords, and  
now and then remoue them least  
they mould, and waxe fowly, when  
they are dry, pick off y<sup>e</sup> leaues, that  
you may haue .ii. peches of them,  
then strew them amonge and be-  
twene the boughts and foldynges  
of your Linnen, with .i. handfull of  
of drye spike flowres, to .vi. handfull  
of drye Roses, and lay your sweete  
bags amongst them. Be sure that  
your linnen be euertrough dryer ye  
lay them by, for els the Roses will  
waxe

ware hose, let your cosser in a dyve  
ayze, and in the winter tyme, or in  
wet wether, when ye perceue your  
Koses to ware most, the put them  
into a pylow bere or twayne, that  
they fall not out, and lay them bp.  
on your bed betwene the Couerlet  
and the Blanchet, all night, or els  
before the fire, let them dye, and  
strew them agayne.

Moreover ye must alwayes haue a  
bag full of dry Koses in hose, kepte  
in a dry ayze, for if he lose his read-  
nesse, the loseth the rose his sweet-  
nesse.

Finally ye must euery yeare, put a-  
way your olde Koses, and occuppe  
new, but keepe your sweet Bagges  
till many yeares.

\* To make a Pomeamber. cap. ciii.

T. The of Benjamin .i. ounce, of  
Schor calamit halfe an ounce  
D. v. of

of Labdantium the eight part of an  
ounce, beat them to powder, & put  
them into a brason Ladle with a  
little damask or Rosewater, set the  
ouer the fyre of Coles, til they be de-  
solued: and be soft lyke ware: then  
take them out and chafe them be-  
tweene your hands as you do wax:  
thē haue these powders redy finely  
serced, of Cinimon, of Cloues, of  
sweet sanders grey or white, of ech  
of these, .iii. pouders halfe a quarter  
of an ounce more & pouders in & other  
and chafe the wel together, if they  
be to dry moysten them a litle with  
some of the Rosewater left in the  
Ladle, or other: if they were colde,  
warne then vpon a Anties poynt  
ouer a Chafingdishe of Coles, then  
take of Amber greace, of Musk and  
Civet, of ech, .iii. graines, desolue &  
Amber greace in a Siluer Spooone  
ouer the hot Coles, when it is cold,  
make it smal, put it to your Musk  
and

and Ciuet, then take your Pome.  
that you haue chased and gathered  
together, and by little and little.  
(with some swete water if need be)  
gather vp the amber, musk & ciuet:  
and mire them with your Ball, til  
they be perfectly incorporated, then  
make one Ball or two of the lumps  
as ye shal thinke good, for þ waight  
of the whole is aboue two ounces,  
make a hole in your Ball, & so hang  
it by a Lace.

If you perceaue that þ Ball is not  
tough ynough, but to brittle, then  
take a curtely of storax liquida, and  
therwith temper your Bal against  
the fire, but take not so much storax  
liquida, because it is too strong.

Or þ better way is, to haue some  
gum cald dragagathi redy dissolved  
in swete water, it will be dissolved  
in. ii. daies, & w þ gather your Ball  
with þ heate of þ fire: this Ball will  
be of like goodnes within as wone  
and

and of great price. Some men  
put in y<sup>e</sup> making hereof. iiii.oz. iiii.  
drops of the Oyle of spike, beware  
of to much, because it is veri strong.

When ye will haue your Ball ex-  
ceede in sweetnes, breake it & haue  
ii.oz. iiii. graines of Bala.oz. Cloet  
oz Amber greace, as you delight in,  
oz al together, dissolve them in rose  
oz Damask water, & with the same  
chafe your Ball ouer the fyre tyl al  
be drunken in, then pearce a newe  
hole as before.

\* To make a fine fumigation to cast  
on the Coles. cap. xliii.

**T**ake of Benjamin .i. ounce, of  
Storix calamit half an ounce  
dissolve them as for a pomeam  
ber, then haue redy these woods in  
powders oz one of them. Gynper,  
oz Cipres, oz of white Sanders, &  
of Cloues, of either halfe a quarter  
of an ounce, al in fine powder, mix  
them

them all together: and with some  
Sto:ir liquids gather the together  
with the heat of fire, then make the  
rownde of the bignesse of a blacke  
doe, and with your Seale printe it  
a Cake while it is warme and soft.

Of these cast one or two vpon a  
Chaffingdishe of Coles, to purge all  
pestiferous infection, and corrupte  
ayres, out of your house: if you put  
to the other thinges, the powder of  
Amber beades it wil be the sweeter.

Some put also Labdanum, as  
before is sayd in making of the po-  
meamber, heerein doo as the sauer  
therof shall please you.

To make the same in Oseletts.  
chapter .xlv.

Take a little of the fyne powder  
of Sallow, or wyllow Coles,  
mix it wth som of your fumigatiō last  
before named in the making woth  
them

them wel together. then fashion it  
with. iiii. oz. it is feete lyke a Cloue.  
and when it is drye kydle the ende  
of it at a quitch Cole. & it wyll yeelde  
a sweet sauour; put not to muche  
coles for the it wyll saue of the, put  
not to little Coles. for then it wyll  
not hepe fyre; put not to muche Sto  
rar liquida. for then it wyll be too  
bryttle and to moyste, and wyll not  
lightly drye: therfore it shalbe well  
to haue som Gumme of y cheritree oz  
Plumtree. which they call Gumme  
Arabick, dissolve some of it in swete  
water tyl it be liquide and tounge,  
with this gather your Dislets, oz  
other fumygattions.

CA moyste fume vpon a fuming  
dish. chapter. xlvj.

Take a peece of your Pomteam.  
ber as bigge as a hael Nutt.  
bruse it, put it into you fume  
tag disse

ingdise, with sweete water, put  
therunto a few bay leues, as much  
of dried Basell leues, a lyttle rose-  
mary, and set it ouer the fyre, vpon  
a Cubbard: or els in the stede of the  
Pomeñber, put. ii. or. iiii. of y cakes  
before written broken small, &. ix.  
or. x. whole Cloues, and if you wyl  
haue it excellēt sweete, then put. i.  
or. ii. graynes of Musk, and let the  
leues & them stand ouer that fyre  
together, as before is sayde.

A Fumigation for a Priest, and clothes  
that no Moth shall breed therein.  
chapter. xlviii.

T Take of the wood of Cipres, or of  
Jeniper, of Rosemary dried, of  
Storax Calamit, of Benjamin, of  
Cloues, a like waight beaten all in  
to pouder, then take of y powder of  
Mozmwood leues dried: as much  
as all y others, mixe them well to-  
gether, cast therof vpon a Chafynge.  
dyth

dish of coles and set it in your press  
and shut it close, & thus do oftentimes  
till you have well seasoned your  
Presse or Coffer.

\*A Powder herewith to make  
swete waters. cap. xliiii.

**T**ake of the wood of Cipers, or  
the roots of Galingal. i. quar-  
terne. Of Calamus aromati-  
cus. i. quarterne. Of Orace or Iris  
one quarterne. Of Cloues. i. quar-  
terne. Of Storix Calamit, one  
quarterne. Of Bentamin, one  
quarterne.

Or ye may take of each of these,  
one ounce for a proportion, let all  
be beaten into powder: and when  
ye wyl distyll your Roses, tyll your  
Styll with Rose leaues, and a few  
Spick flowres, & vpon the top of  
them, strew some of your pouders, &  
so distill them. Some put a little  
of

of the powder of *Nigella romana*:  
to the other powders. These cakes  
will be very sweete: put the water  
in a large glasse, and to the pottle,  
put .xii. graynes of Muske, let it  
hang in the middes of the water in  
a thin Linnen cloth with a thred,  
set it in the sonne .xx. or .xxx. daies,  
then take the Glasse in, and set it in  
a dyer aye.

\* An other manner of making of Damaske  
water. cap. clix.

**T**ake of Trace or Iris, of Spike  
flowres dried, of Cloues, of ech  
f. once, make the in poder, put them  
together with a pint of new Ale in  
corues, and .i. pinte of Rosewater,  
into an earthen pot: put thereto a  
good manye of grene Rose leaues,  
let them soke in it, a night tyme,  
stoped close, in the morninge when  
ye will distill, first lay other Rose-  
leues in the bottom of your Still,  
tope for fere of cleuing to, then take

C. l.

of

of the Rose leaues, out of the Pot,  
and put them with other greene  
Rose leaues in your Stilltoze suffi-  
cient, and to the water: put Huske  
as aboue is sayd. This water is  
excellent to set forth a Carte, an  
Apple moyle, or Almond butter.

To perfume Gloues. cap. l.

**T**ake the Gloues, & wash them  
in Rosewater, or Damaske  
water, tyll the scurfe of y<sup>e</sup> Le-  
ther be gon, and then stretch them  
forth softly, and keepe the water.  
you wash them with styl: Then  
hang them vp to dry, and then laye  
them in a cleane linnen cloth that  
is folded. iij. or. iiii. doubles: and  
when they be drye, let them lye in  
Rose leues dryed, a day or two: then  
take Oyle of Ciuet Almons, and  
Husk: and grind them together vp  
on a Marble stone. Stretch them  
forth softly, and with your hande  
annoynte your Gloues. iij. or. iiii.  
times:

The Treasurie, & closet

tymes: & euer among stretch them  
foorth, then let them drye, and euer  
stretch them forth softly as they dry  
Then take Sandifer mixed with a  
lyttle Ambergreace, and strewe  
the powder of it thinly vpon them  
and laye them in a Paper: and in a  
Box, or els melte the Ambergreace  
with a quantitt of Rosewater, and  
mixe the Sandifer to it, and so an-  
noynt the Gloues with the same.  
Then let them drye, and lay them in  
fayre white papers.

2. To perfume Gloues another way.

**T**ake the Gloues & washe them  
as aforesaid. iiii. or v. times  
wring them euery time softly:  
then take Gumme of dragagant, and  
steep it in fine Damask water one  
night, then strain the water through  
a fine Linnen clothe, and take the  
Gumme and mix it with an ounce of  
Ambergreace, and a quarter of an  
ounce of Muske, fynde gynde your

C. ii.

Amber

The Treasury, or closet.

Imber greace. w<sup>th</sup> Oyle of Turpen-  
tine, then mingle al together, a roff  
your Gloues with the same: laye  
them to dry, & lay a paper betwene.

3. A preparatiue for Gloues.

**W** The Gloues as afore is said,  
till the sent of the leather bee  
gon, then take Benjamin .ii. oun-  
ces, of Storax Calamit. i. ounce, let  
them be very fine, then take oyle of  
Civet Almonds and mingle it with  
Benjamin & Storax vpon a Mar-  
bell stone: when it is wel grownd,  
put it into an earthen Potte with  
more Oyle of Civet Almonds, then  
put in Gloues in powder, and so let  
it stand very close couerd: and when  
you neede, take a little Rose water  
in a Sponge, and rub the Gloues  
softly, & then indyke manner with  
the Oyle called Civet Oyle for the  
same purpose.

4. Another way.

**T** The twelve Gaynes of Bucke.  
tyre

fyre graines of Cinet. viii. graines  
of ambergrece. iiii. grains of Storax  
Calamit. vi. graines of Benjamin  
and a few Cloues: grynde all these  
together, with Oyle of Cinet Al-  
mons. Frysse wash your Gloues:  
with fullers. disolued a day in Da-  
mask water.

5. Another for Gloues.

**T**Ake your Gloues & wash them  
in rose water once or twice, till  
all the scurffe be gon fro them  
and then let them drye, and stretch  
them well out, syngers and all:  
Then playne them, and wash them  
once or twice, then take two oun-  
ces of Storax, and as much Benta-  
min made in powder: Dresse your  
Gloues all ouer, on a smooth boord  
before they be dry, then hang them  
to drye, and when they be drye, saue  
the powder that is lefte, then take  
a pynte of Rose water, and .ii. oun-  
ces of Storax, and two ounces of  
C. iiii. Cinimon,

Cinnamon, put all these in fine powder, and cast them to the rose water, and let the seethe in a close potnet couered. Then take a fine Brush, and brush them ouer.

6. An other way to perfume.

**T**he Amber grece a dramme, of Musk halfe a dram, of fustes a dram, of Ciuet halfe an ounce, put all these together in a pynt of rosewater, or Damask water.

7. An other way.

**T**ake a dram of Amber grece, a dram of Benjamin, halfe a dram of fustes, a dramme of Storax, a quarter of an ounce of Labdanum, put all these to Rosewater.

A perfume for Chestes and Cubbozds:  
And also for Gloues. cap. li.

**T**ake Benjamin and Storax, of ech one ounce, Labdanum, and fustes, of ech a quater of an ounce, halfe a Dramme of Ciuet. If you burne it for Chestes, or Cubbordes, beate

of hidden secrets.

beate it in a hot Morter. If it be  
for Gloues, boyle it and put it to  
Rose water.

\* To colour Gloues.

Cap. lii.

**Y**ou must haue Hulles of greene  
walnuts, that must lie in water  
all the yeare long: roule them well  
with these Hulles, & make them as  
deepe a couller as you may.

**H**ow to couller Gloues  
yellow within.

**T**o colour Gloues yellow, win  
take y<sup>e</sup> yolkes of xx. Eggs, & put  
them in a frynge pan, with a  
soft fyre, fyre them euer, and bruse  
them with a ladle, & the Oyle that  
ascendeth of them, being annointed  
on the in syde of the Gloues, wyl  
make them loke yellow.

E. iiii.

CCs

**T**he Stronge lye made of chalk.  
 And six pounce of stone chalk:  
 iiii. pounce of Beere Suet,  
 and put them in the lye: in an ear-  
 then pottle, and mingle it well, and  
 kepe it the space of forty daies, and  
 mingle and syze it. iiii. or. iiii. times  
 a daye, tyll it be consumed, and  
 that, that remayneth. vii. or. viii.  
 dayes after, then you muste put a  
 quarter of an ounce of Muske, and  
 when you haue don so, you must al  
 syze it, and it wyll smell of Muske.

To make red sealyng war. cap. lxxxi.

**T**he to one pound of War. iiii.  
 ounces of cleare Turpentyne  
 in Sommer, in Winter take  
 fowre: melte them together with a  
 soft fyze: Then take it from the fire  
 and let it coole: Then put in wter-  
 million

mylton berpe synely grounde, and  
Sallet Oyle, of each an ounce, and  
mix them well together, and it is  
perfect good.

To kepe Damfins in syrop.

T Take Damfins & pickle them w a  
knife, o; a pi the take clarified Su  
ger as much as you shall thinke wil  
serue & then you must boyle it till it  
be as thick as birdlime: Then boyle  
your Damfins in þ clarified sugre,  
till they be soft, the take the vp, and  
put them in a glasse, then you must  
boyle þ syrop, till it be as thich as þ o.  
ther was, before you put in þ Dam  
fins, & as soone as it is so thich you  
muske powze it into the Damfins  
and so couer them close.

For the gnawing in a Womans stomacke.

T Take a good handful of Spermutt,  
and a handful of wormewood, and  
heat a ttle stone, & lay these, it, thigs  
on tt, & make a little bag, & whē the  
herbes be hot, put the in þ bag, & so  
laye them to her stomack.

D. v.

¶ CCo

To make sweete Damaske powder to use  
maner of wayes. cap. 16.

Take. ii. oz. iiii. handfulls of dried  
Rose leues ii. graines of Musk  
halfe an ounce of Cloues and beat  
these all to powder.

2. An other way

Take. bi. ounces of Orace .i.iii.  
ounces of Cloues. ii. ounces of Sto-  
rar Calamite .i. ounce of Labda-  
num ii. ounces of yellow Sanders  
and a lytle Musk.

3. An other way.

Take. ii. ounces of Cloues .i.iii.  
ounces of Spruce .i.iii. ounces of  
Storax calamit .i.iii. ounces of  
Roses. iiii. ounces of Benjamin.

4. An other way.

Take. iiii ounces of Sypres .i.iii.  
ounces of Benjamin. ii. ounces of  
Coleander or Labdanū. iiii. ounces  
of Storax Calamit. ii. ounces of  
Roses. beat all these to powder.

To kepe Barberyes.

cap. 17

Take

**T**he claryfied Sugar, & boyle  
it tyll it be thich, whiche you  
shal perceue yf you take a litle  
betweene your fingers. it wyl rope  
lyke Birdlyme: Then put in your  
Barberyes, and let the boyle with  
a soft fyre, vntyll you perceaue they  
be tender, the put them in a Glasse  
and couer them: and so kepe them.

To make fine Risse Porredge. cap. lviij.

**T**he halfe a pound of Iordyn Al-  
mons, and halfe a. li. of Ryce and a  
gallon of running water, & a hand-  
ful of Oke barke, and let the bark  
be boyled in the running water, &  
the Almons beten with the bulles  
and all on, & so strayned to make  
the Risse Porredge withal.

For the Ague in a womans brest. cap. lviii.

**T**he Hemlocke leues & frye them  
in sweete Butter, & as hot as she  
may suffer it, lay it to her brest and  
lay a warme white cotton, and it  
wyl

Will drine it away in short time.

For the unnaturall heat of the Liver.

Chapter.

lir.

Take bozage, buglosse, scroz, vio-  
lets, fumisort, yong hop buds, fe-  
nel buds, of ech a quatter of a hand-  
ful, yong mallows & mercury of ech  
halfe a handfull, boyle these in a  
pote of whey and straine it.

For the Cankar in the mouth. cap. lr.

Take halfe a pinte of ale, & a sprig  
of Rosemary, & seethe them toge-  
ther, & scum your ale, and then put  
in a pece of Allis as much as a nut,  
and a spoonfull of Honey, and two  
spoonfull of Hony suckle water.

\* To know what time in the yeare Herbes  
and flowres, should be gathered in their  
full strength. cap. lxi.

Medicines are made diuers and  
sundry wayes, some by leues,  
some by sedes, some by rootes, some  
by Herbes, some by flowres, & some  
by frutes: Such leues as are put to  
medicins shuld be gathered whē they  
be at

be at at they: full waxing, ere that  
their coullour be chaunged, or that  
they fade any thing.

¶ Sedes when they be ful ripe and  
the moyfnes fom what dried away

¶ Flowres shoulde be taken when  
they be fully open ere they begin  
to fade.

¶ Herbes shoulde be gathered when  
they be full of Sappe, and ere they  
wrynke.

¶ Rootes shoulde be gathered when  
the leaues fall:

¶ fruites shoulde be taken when  
that they be at their ful growth, or  
when they fall: & the heuier þ frutte  
is, the better: & those that be great  
and light in ponderation chuse not  
them, and those that be gathered  
in faye, wether be better then those  
that be gathered in rayne.

And those Hearbes that groweth  
in the feldes are better than those  
that groweth in Townes, in

Gardens

Gardens, and those that groweth on hills in the field be best for Medicines, for commonly they be lesse, & not so fat, and haue more vertue.

Many Herbes there be that haue special time to be gathered in: And if they bee gathered in y<sup>e</sup> time, they haue their whole vertue to their propertie, or els not so good. Some helpeth when so euer they be gathered, & some be nought yf they be gathered out of time, therfore mark well what I teach thee.

¶ Betayne shalbe gathered principally in Lamas Month with the seede and the roots, and without any Iron toole, and it shalbe dyped in the shadow, for medicines it may be gathered other tymes, but euer more it is the better yf it be gotten without Iron, and it muste be gathered afore Son rising.

¶ Swinsgras shalbe gathered whē it pleaseth in time of neede.

¶ Camamyll

**C**amimamill walbe gathered in  
Aprill.

**P**erptory walbe gathered i June  
before the Son ryling.

**R**ed docke walbe gathered when  
they neede dayly.

**L**ongedebese walbe gathered in  
June and July.

**P**enyworthe walbe gathered in  
the beginning of winter.

**G**ermander walbe gathered in  
Lammas Month.

**D**ragounce shall be gathered in  
June and July.

**C**olumbyne in Lamas month.

**A**ddertung should be gathered in  
Aprill.

**P**edelyon when thou wilt.

**G**roindill alway after midday.

**W**alwort when it pleasech you  
withoute Iron.

**V**iolet should be gathered in the  
Month of March, & in this month  
should violets be put into Sugre  
and

and to Syrop. ¶ Roses should be gathered in April and in May, and of them shoulde be made Syger to set in Syropes of Roses, and in this same Month should Oyle be made of Camamyll.

¶ Rosemary flowres should be gathered in May.

Centory wyē be begieth to flowre.

¶ Origaniū in y<sup>e</sup> Month of June.

¶ Solsequie shuld be gathered the xvi. day of Auguste, before the Son rising without Iron.

¶ Hertstong should be gathered ere day, in November.

¶ Aristologia shoulde be gathered the same time.

¶ Garlyke may be taken when you neede for Medicines.

¶ Wilde Garlyke shuld be gathered when it flowreth.

¶ Burdes shuld be gathered in the ende of September, when they bee ripe, and dried where the Sonne may

may be all day. wylde Dep berres  
should be gathered when they wax  
yellow.

¶ Cucumbers should be gathered  
when the fruit is ripe, and þ fruite  
should be layd vnder gines, where  
the Sonne maye not haue all his  
strength to him in a moyste place  
that it may roote. for than the seed  
shalbe good and ful of kernalles.

¶ Citrull when þ frute is ripe and  
dried in a dry place in the Son.

¶ Calamint water shuld be gather-  
ed when it flowreth, and drie it in  
the shadow, and it will last a yeare.

¶ Saffron should be gathered afore  
that the Son doth rylse.

Godur that groweth amonge flax  
shuld be gathered when he begin-  
neth to flowre, and it maye be kepte  
three yeare.

¶ Diauke shuld be gathered when  
it flowreth, and drie him in the sha-  
dow, and a yeare it wyl last.

307

f. i.

¶ Cleber

**C**leber, must be gathered in harvest time .

**F**enell seeds should be gathered in the beginning of harvest, and two yeare he may be kept.

**T**he rootes of Fenel should be gathered in the beginning of the yeare and .ii. yeare they are good.

**B**aldemonye that some men callith Brincian, shoulde be gathered in the last end of the yere, and .iiii. yeare he is good ynough. The roote of this Herbe is vsed, and how thou shalt know him is this, that he be very bitter: the lesse bitter, & worse. Also, looke that it be white whole, and not hollow within, but sad, & not brittle, nor full of powder.

**G**allyngale, is called in phisick, Cipus: it may be taken at all times when thou wilt, but best is in the ende of yer: and three daies it must be layde into the Sonne, and be dried: that the moisture rotte is not,

of hidden secretes.

hot, and then you must keepe it in  
the shadowe.

¶ Flourellice, should be gathered  
in the ende of May, and dried in the  
Sonne, & it will last. ii. yeare well.

¶ Here foloweth, the Landie Vertues of  
Roses, for dyuers Medicines. Ca. lxxi.

**R**oses, be colde and moyste, in  
two degrees: it hath these ver-  
tues. Stampe it, & lay it to a sore  
that burneth & aketh: and it shall  
cease both the burning & aking.

¶ Also, it is good for the feuer in  
the stomacke, & against all euylles  
that are generated in hot humours.

¶ Also, lette any woman drinke it  
with wyne, and it shall forthwith  
restrayne bleedynge, and helpe the  
Marowes of the wombe.

¶ Also, make Oyle of Roses, & that  
is a principall Receipt for itching  
in Sinewes: & the water therof is  
good for sore eien, and for hot eulls.

R. ii.

and

The Treasurie, or closet.

And the Oyle is good for head ache  
to anoynte therewith the temples,  
and þe roote of him is good, & draw-  
ynge for Iron : or other thing in a  
mans foote, & the red Rose is much  
better then the white.

\* The sundry vertue of Lillies. cap. lxxv.

**L**illies are colde and dry in three  
degrees, and so sayeth Galpen,  
that who so letheth þe leues in  
water, it is a noble plaster for Si-  
nours that are thorted, & it is good  
for al maner burnings & scaldings.  
Also when the leues and þe roots  
are sodden in olde wyne, and tem-  
pled up with honi, it is a profitable  
plaster for sicknesse þe are hoisen.  
Also the water & þe Juice is good for  
to wash thy bittlers, and namely to  
do away þe freckles on mans visage  
or womans, and the roote is good  
to ripeth with betches, and so, to  
help to breake them.

¶ Of

of hidden secrets.

¶ Of the sundry vertues of Gilfoyle.

Chapter.

**M**ilfoyle is hot and dry to .ii. degrees, it is good to staunch the bloody flux, & the tace therof healeth the bitt'ng of a red bound, and if it be sod in red wine, drinke it, & it killeth wormes in þe wombe, and it wyl destroye venim, and it softneth hardnes in mans wombe, and it helpeth Jaunes & Dropsye. ¶ Also take the herbe and stamp it, and temper it with wineger, and it wyl do away blode in wounds, and it will cease the toothache, when it is chewed falling. Also it is good for the sting of an Adder when it is sodden in wyne, drinke it, and laye the substance thereto, and it wyl drawe oute the venim of the soze.

¶ Of the sundry vertues of Rosemary.

Chapter.

lib.

f. iiii.

Rosemary

**R**osemary, is hot & drye: take þ  
flowers therof, & put them in  
.. .. a cleane cloth, & boyle them in  
fayre cleane water, vntyll halfe be  
wasted: and coole it, & drynke that  
water, for it is much worth agaynst  
all maner of euylles in the body.

**A**lso, take the flowers, & make  
powder therof, and bynde it to thy  
right arme in a linnen cloth, and  
it shall make thee light and merie.

**A**lso, eat the flowers with hony  
fastyng w some bread, or els with  
other bread, and there shall yse in  
thee none euill dwelling.

**A**lso, take the flowers, and put  
the in thy Chest, among thy clothes  
or among thy Bokes, and Mothes  
shall not destroy them.

**A**lso, boyle the flowers in Gotes  
mylke, and then let them stande all  
nyght vnder the ayre couered, & af-  
ter þ geue him to drinke therof that  
hath the tilske, & he shall be holpen.

**A**lso

¶ Also, if there be any man that in  
ravage: take the flowers and the  
leaves, a great quantytie, and boyle  
them together in a good quantytie  
of cleane water, in that. Paciens  
pulneat: and it shall heale hym.

¶ Also, boyle þ leues in white wine  
and wash thy face therewith, & thy  
bearde, and thy browes, and there  
shall no cornes spring out, but thou  
shalt haue a fayre face.

¶ Also put the leues vnder thy hed,  
and thou shalt be deliuered of all  
euill dreames.

¶ Also, breake 5 leues to powdre, &  
lay the on the caker, & it shall hee it.

¶ Also, take the leues, & put them  
into a wyne vessel, & it shall keep the  
wyne from all seuerenell and euil  
sauours, and if thou wylt sell thy  
wyne, thou shalt haue good speede.

¶ Also, if thou be feeble w<sup>th</sup> unkinde  
sweat, boyle the leues in cleane  
water, and wash thy hed therewith.

f. lili.

and

And thou shalt be deliuered of þe euill.

¶ Also yf thou haue lost appetit of eatynge, boyle well these leaues in cleane water, & when the water is colde, put therunto as much of white wine, & then make therin Soppes, eate thou therof wel and thou shalt restore thy appetyte agayne.

¶ Also if thou haue the flux, boyle the leaues in strong eyzell, and laye them on a linnen clothe, and bynd it to thy wombe, and a none the flux shall walde with drawne.

¶ Also if thy Legs be blowne with the Goutte, boyle the leaues in water, and then take the leaues & bind them in a linnen cloth, and winde it about thy Legs, and it shall doo thee much good.

¶ Also take the leaues and boyle them in strong eyzell, and binde them to thy stomache in a Clothe, and it shall deliuer thee of akeyns.

¶ Also yf thou haue the cough by  
spring

lyzing or by any other way, drinke  
the water of the leaues boyled in  
white wine, and ye shalbe whole.

¶ Make powder of the rynd of Rose  
mary, and drinke it, and if thou bee  
in the poise, thou shalt be deliuered.

¶ Also take the Timber therof and  
burne it to coles, and make powder  
therof, and then put it in a linnen  
cloth, and rub thy teeth therewith,  
and if there be any wormes therein,  
it shall slea them, & keepe thy teeth  
from all euyls.

¶ Also of the wood make a boyll to  
swell thereto, and it shall keepe thee  
yongly.

¶ Also make therof a barrel, & drinke  
thou of the drink & standeth therein  
and thou needest not dread of any  
euyl being therein; and if thou set  
it in the field or in the Garden kepe  
it honestly; and it shall bring forth  
much increasynge of him selfe.

¶ Also if a man haue lost his smel-  
ling

ping of the eye, & he may not dye in  
his breath, make a fyze of the wode  
and bake his bread therewith and  
eate it, and it shall keepe him well.

¶ Also a man that hath the Gowt,  
take oyle of Roses, and the yolke of  
an egge, & the flowres of Rosemary,  
and medle them together, and do it  
to his soze, & he shalbe holpen.

¶ A bryefe Treatise of Urines aswell of  
menues vniuers, as of Womens, to iudge  
by the colors, which betoken helth, which  
betoken sickness, & which also betoken  
death.

chapter. lxxvi.



It is the wed that in all  
parts of the body dwel-  
leth sickness, and helth.  
That is in the wombe,  
in the head, in the lyuer, & in  
the blather in what maner & maner  
know their properties, and thereof  
thou mayst learne.

¶ A mans urine bee white at mo-  
row, & red before meate, & white af-  
ter meate, he is whole, & if it be fatts  
and

and thich it is not good, & if it be  
be meanly thich, it is good to lyke,  
and if it be thich as alle pisse, it be-  
tokneth head ache.

Uryne þ is, ii. dayes red, & at þ. r.  
day white, it betokneth very helth.

Uryne þ is fat, white, & moyst, be-  
tokneth the feuer quartayne.

Uryne þ is bloody, betokneth þ the  
bladder is hurt by som rottig that  
is win. A lytle uryne all flewe,  
betokneth of þ raines, who pisseth  
blode, wout sickenes, he hath some  
bayne broken in the raines.

Uryne þ is ponderous, betokneth  
that the bladder is hurt.

Uryne that is somewhat bloody of  
sicknes betokneth great euill win  
the body, and namely in þ bladder.  
Uryne that falleth by drops aboue  
as it were great bolnes, betokneth  
great sicknes and long.

Whomans byrne þ is cleare & shi-  
ning in the byrnall as silver, it be-

call ofte, and if she haue no tallene  
to meat, it betokeneth she is w child  
A womans wyne that is stronge  
and whit with floueing, betokeneth  
sicknes in the rarnes, and in her se-  
crete receites, in her Chambers full  
of euill humours and of sicknes of  
her selfe.

A womans wyne that is bloudye  
and cleare as water vnder, betoke-  
neth head ache.

A womans wyne that is lyke to  
Golde, cleare and mighty, betoke-  
neth þ she hath lust to man.

A womans wyne that hath collour  
of stable clensyng, betokeneth her to  
haue the feuer quartayne, and she  
to dye the thyrde day.

A womans wyne þ appereth an col-  
lour of Lead, if she be with chylde,  
betokeneth þ it is dead withyn her.

Here foloweth all the byrnes þ betoken  
death, as wel the byrne of the man,

as of the woman.

**I**n a whot Arcis one part red an-  
other black, another greene, and  
another blew, betokneth death.

**W**ayne in whot Arcys blacke and  
lyttle in quantytie; fatty, & stinking  
betokneth death.

**W**ayne ouer al colloured as Lead  
betokneth a prolonging of death.

**W**ayne darke aboue and clear be-  
neath, betokneth death.

**W**ayne that shineth raw and right  
bryghte, if the skyn in the bottome  
shyne not, it betokneth death.

**W**ayne thin in substance, haue-  
ing fleting aboue as it were a dark  
skye, signyfeth of death.

**W**ayne dersty, sinkynge, and dark  
with a black skai within, betokneth  
a prolonging death.

**W**ayne that is of the collour of wa-  
ter, if it haue a dark skai in an Arcis  
it betokneth death.

**W**ayne þ hat dresseth in þ bottom  
medled w blode: it betokneth deeth.

**W**ayne

The Breasurys, & closet

**T**he face black and thick: is the sick  
to be when he goeth to the house,  
and when he speaketh ouertharte,  
so that he vnderstandeth not aright,  
and these Sickneses go not from  
hym, they betoken death.

**H**ow to make a soueraigne Water, that  
M. Doctor Statyns Physicion, a man of  
great knowledge and cunnynge, did pra-  
ctise: and vied of long experience. And  
thorowly did very many Cures, and kept  
it alwayes secret, tyll of late a little be-  
fore his death, a speciall friend of his, dyd  
get it in wrytyng of him. Cap. lxxij.

The Receipt.

**T**ake a Gallon of good  
Calcoyne wyne: then  
take Cynger, Gallen-  
gale, Camamyll, Cyna-  
mon, Nutmegs, Grains  
Cloties, Mace, Annys seedes, Fenel  
seedes, Carawayes seedes: of euery  
of them a dram. Then take Sage,  
Wyntes, Redrofes, Cyme Pellitory  
marre;

of the wall, wyldc Maygers, Rose  
marie, Peny montayne: other wise  
called wilde Time, Camamyll, La-  
uender and Rue, of euery of them  
one handfull: Then beate þe Spices  
small, and bruse the Herbs, & put al  
into the wine: and let it stand. xii.  
howres: syringe it diuers times:  
Then stil it in a Limbeck, and keep  
the fyrst pint of the water, for it is  
the best: then wil come a second wa-  
ter, which is not so good as þe fyrst.

The sundry vertues and operations of the  
same, many times approued.

**T**he Vertues of this water bee  
these: it comforteth the sprits,  
and preserueth gretly þe yowth  
of man, and helpeth the inward de-  
ceases, comming of colde, agaynste  
Wahyng of Paleye: It cureth the  
contraction of Synowes, and hel-  
peth the conception of women  
that be barren, it kylleth þe wormes  
in the

in the Belly: it helpeth the colde  
Paine, it helpeth the Tooth ache, it  
comforteth the stomack very much:  
it cureth the colic Dropsie, it hel-  
peth the stone in the bladder and in  
the haynes in þe back: it cureth the  
Canker: it helpeth worstly a stinking  
Breath, and who so bleseth this wa-  
ter euer amonge, and not to ost, It  
preserueth him in good lyking: and  
shall make on some yong very long.  
You must take one spoonful of this  
water fastig but once in. vii. daies:  
for it is very hot in operation. It  
preserved Doctor Steuens that  
he liued. lxxx. and. xliii. yeares.  
whereof. i. he liued bedyed.

FINIS.

These Booke are to be sold at the West  
ende of Pauls Church: By Richard  
Jones, the Printer heresof, 1573.

